

What is claimed is:

1. A composition comprising a catechin found in green tea, and a peroxisome
5 proliferator-activated receptor gamma (PPAR γ) ligand.
2. A composition as in claim 1 wherein the catechin is (-) epigallocatechin gallate.
- 2a. A composition as in claim 1 or 2 wherein the PPAR γ ligand is a full agonist, a partial
10 agonist, a selective PPAR γ modulator/agonist, a PPAR γ dual agonist or panagonist.
3. A composition as in claim 1 or 2 wherein the PPAR γ ligand is a thiazolidinedione.
4. A composition as in any one of claims 1-3, wherein the thiazolidinedione is ciglitazone,
rosiglitazone or pioglitazone.
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5. A composition as in claim 1 wherein the PPAR γ ligand is a natural PPAR γ agonist.
6. A composition as in claim 5 wherein the PPAR γ ligand is a PUFA.
- 20 7. A composition as in claim 6 wherein the PUFA is eicosapentaenoic acid or
docosahexaenoic acid.
8. A composition as in claim 5 wherein the PPAR γ ligand is ligustilide.
- 25 9. A composition as in claim 5 wherein the PPAR γ ligand is phytanic acid.
10. A composition as in any one of claims 2 - 9 wherein (-) epigallocatechin gallate is
present in an amount sufficient to administer to a human adult a daily dosage of about 10
mg to about 2000 mg .
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11. A composition as in any one of claims 1-10 which is a nutraceutical composition.
12. The use of a catechin found in green tea and a PPAR γ ligand in the manufacture of a
nutraceutical composition for the treatment or prevention of diabetes and/or obesity and
35 syndrome X.

13. The use of a catechin found in green tea in the manufacture of a nutraceutical composition for concomitant consumption during treatment or prevention of diabetes and/or obesity and syndrome X by administration of a PPAR γ ligand.

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14. The use as in claim 13 wherein the nutraceutical composition is a food or beverage or a supplement composition for a food or beverage.

15. The use as in claim 13 wherein the nutraceutical composition is a pharmaceutical composition.

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16. The use as in any one of claims 13-15 wherein the catechin is (-) epigallocatechin gallate.

17. A method for the treatment or prevention of diabetes or obesity and syndrome X which comprises administering to a subject in need of such treatment an effective amount of a catechin found in green tea and of a PPAR γ ligand.

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18. The method as in claim 17 wherein the catechin is (-) epigallocatechin gallate.

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